

UCL RECONSTRUCTION REHABILITATION PROTOCOL

| | RANGE OF MOTION | IMMOBILIZER | EXERCISES |
|---|--|---|---|
| PHASE I 0-2 Weeks | None | Sling and postop posterior splint or hinged elbow brace Worn at all times, besides hygiene and exercises | Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc *Lower body, core, and cardio (no running) okay if arm in brace/splint and arm not being used Avoid valgus stress until 8 weeks |
| PHASE II 2-4 Weeks | PROM full flexion to 15 degrees extension | Brace unlocked at 20 degrees to full flexion Worn at all times besides hygiene and exercises | Gradual progression of passive and active-assisted ROM, gentle joint mobs, closed chain scapula program, deltoid and cuff isotonic Start total body conditioning/aerobic training Avoid valgus stress until 8 wks |
| PHASE III 4-16 weeks | Advance to AAROM and AROM as tolerated at elbow and shoulder | Discontinue brace at 4 weeks | Advance wrist, forearm, elbow, shoulder strengthening Avoid valgus stress until 8 weeks Start weight lifting after 12 weeks-including trunk, core, and lower body |
| PHASE IV 4 months to 9 months | Full and pain-free AROM | None | Start interval throwing program (ITP) with progression from 45 ft to 180ft (Pitchers are not asked to throw past 120ft., infielders not past 150ft)* Progress to next level when: no pain/stiffness during or after throwing, strength sufficient through final set, motion effortless and fundamentally sound, accuracy consistent and throws on line |
| PHASE V 9 months+ | Full and pain-free | None | Return to competition when: <ul style="list-style-type: none"> - Trunk, scapula, shoulder, arm muscle strength/balance returned to normal - No pain while throwing - Throwing balance, rhythm, coordination reestablished |

*For pitchers, mound program begins at completion of 120 ft. level. Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound. No flat ground pitching is allowed

***After completion of the interval throwing program to 120ft, we recommend scheduling a throwing assessment with our Sports Performance team to guide progression to a safe return to sport program: <https://www.rushortho.com/specialties-services/sports-performance-and-recovery/throwing-assessment/>*

***Patient protocols may vary. Please follow patient-specific script if modified*